

Gluten Free Diets

What do I eat now?

I Should Avoid

- Wheat
- Barley
- Rye
- Oats—
(often contaminated)
- Barley malt
- Bulgur
- Couscous
- Durum
- Enriched flour
- Farina
- Flour
- Graham flour
- Kamut
- Malt
- Matzoh
- Orzo
- Pastas
- Semolina
- Spelt
- Triticale
- Wheat bran
- Wheat germ
- Soy sauce/marinades
- MSG
- Food starch

Be Aware of

- Food labels—
Double check the ingredients
- Allergen labels—
There should be a wheat allergy label on all products containing gluten
- Processed foods—
Many sauces and salad dressings can be contaminated
- Candy and gum
- Lip gloss, lip balm, lotions, sunscreen, toothpaste, shampoo

Celiac vs. Gluten Intolerance

- Gluten intolerance is a broad term which includes all types of gluten sensitivity
- It affects approximately 1 in 7 Americans
- Only 0.5% of Americans have Celiac disease
- Celiac causes much more severe and violent reactions to ingesting gluten
- Gluten sensitive individuals may still be able to eat some by-products, whereas those with Celiac cannot

Be careful of these ingredients on a food label:

- Enriched flour
- Modified food starch
- Malt
- Artificial flavors
- Natural flavors

These ingredients may contain gluten so do not hesitate to call the manufacturer to ask if a product is gluten free.



Great Resources

Internet:

Denver Metro CSA Chapter
www.denverceliacs.org

CSA/USA—Spanish
www.celiacs.org

Gluten-Free Diet Guide for Families
www.celiachealth.org

Local Restaurants:

*Watercourse Foods
*Deby's Gluten Free Bakery
*Many restaurants have gluten-free options. Make sure to ask your host or check out the restaurant's website.

Local Grocers:

Amy's Frozen Foods available at retail grocers

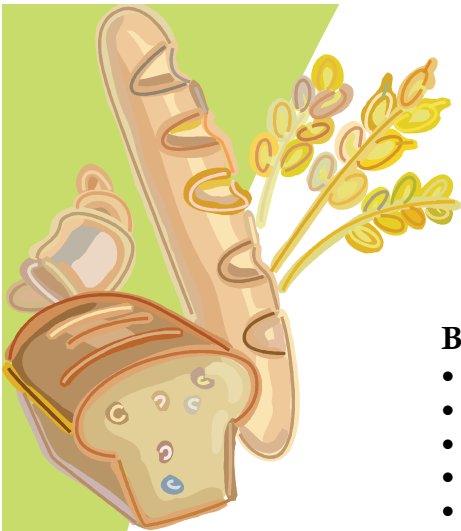
Mail Order:

Ener-G Foods
www.ener-g.com

The Gluten Free Mall
www.GFmall.com

Gluten Solutions
www.glutensolutions.com

Gluten-Free Trading Co., LLC
www.gluten-free.net



Gluten Free Diets

What do I eat now?

Planning Meals

Breakfast

- Cream of rice cereal with nuts, seeds or dried fruit
- Puffed rice cereal, milk and fresh fruit
- Fruit and yogurt smoothies
- Cottage cheese with fruit (such as apples and a dash of cinnamon)
- Egg, cheese, and vegetable omelet with fried potatoes and ½ grapefruit
- Eggs and Canadian bacon or turkey bacon

Lunch and Dinner

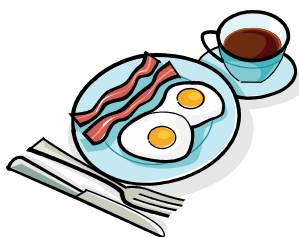
- Loaded baked potatoes with cheese and vegetables
- Salads with vegetables, nuts, and lean meats (chicken, tuna, ham)
- Tuna salad on gluten-free bread or on mixed greens
- Stir-fry with meat and vegetables with brown rice
- Fajitas or quesadillas made with corn tortillas
- Turkey chili with corn chips
- Chicken or tofu kabobs on rice

Snacks

- Rice cakes with cheese, hummus, or peanut butter
- Nachos made from corn chips with salsa and cheese
- Celery sticks with cream cheese or peanut butter
- Pudding, ice cream, or yogurt topped with berries and whipped cream
- Baked apple
- String cheese
- Popcorn

Double check all packaged products before purchasing. Some may contain contaminants. There should be an allergy label that reads: *May Contain Wheat Allergens.*

Always consult a physician or a registered dietitian if you have questions.



Sample Grocery List

PRODUCE:

- Fresh fruits
- Apples, bananas, oranges, grapes
- Fresh vegetables
- Tofu, white or sweet potatoes, corn, lettuce

MEAT, FISH, POULTRY:

- Fresh beef, pork, poultry, fish, seafood, eggs

BEVERAGES:

- 100% fruit juice, coffee, tea, cocoa

FATS AND OILS:

- Vegetable, canola, and olive oil, butter, shortening

DAIRY:

- Plain milk, cream, unprocessed cheese, yogurts, cottage cheese

FROZEN FOODS:

- Plain fruits and vegetables, gluten free waffles and meals, ice cream

SNACKS:

- Potato chips, corn chips, popcorn, rice cakes, nuts, flavored gelatin, pudding

PACKAGED and CANNED:

- Plain fruits and vegetables, tuna, beans and lentils

CEREALS and GRAINS:

- Cream of rice, grits, puffed rice, rice, corn tortillas